

Silver Banner

Summer 2010

Issue 70

Editor: Susan Jacobs

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Peru.

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DALTON SENIOR CENTER GROUNDBREAKING

Groundbreaking for the new Dalton Senior Center took place on Monday, June 7th at the site on Field Street Extension. Members of the Senior Center Building Committee, Select Board, COA Board and Friends Group were joined by people from Allegrone Construction, Rep. Dennis Guyer, Hill Engineers and local residents to celebrate this momentous occasion. COA staff members Sue Jacobs, Pattie Pero and Sarah Fontaine, meal site volunteers and people from Elder Services were also on hand.

Select Board Chairwoman, Louisa Horth welcomed everyone, and Building Committee Chairman, George Morrell led the

groundbreaking with twenty people manning the shovels.

Refreshments of cake, watermelon and punch provided by the COA were served under a tent set up by Select Board and Building Committee member, Tom Szczepaniak.

Construction of the 5,000 square foot center is expected to begin in mid-July, with completion before the end of the year.

Plans are available for viewing at the COA office during regular business hours.

[For more information, please turn to articles on pages 3: "Friends" and 5: Program Council.]



TRIAD SAFETY FAIR & PICNIC JULY 21, 2010 at Dalton VFW

This year marks the tenth annual Safety Fair & Picnic for Triad groups in Berkshire County. Dalton is again hosting the event at the Dalton VFW beginning at 10 AM. Support is provided by the Berkshire County Sheriff's Dept., District Attorney's Office, Dalton Police Dept., Dalton Triad and Dalton COA. Triad groups, councils on aging and law enforcement from throughout the county will be in attendance for the K-9 demonstration, picnic lunch and the many exhibitors scheduled to be present.

Dalton seniors are cordially invited. For information, call 684-2000.

HILLTOWN NOTES

Becket News (by Joan Moylan)

The Becket Seniors would like to thank the Becket Elves for all the support they have given to the seniors. They are a great bunch of ladies who go out of their way for us. A BIG THANK YOU!

Sarah Fontaine has visited our Becket lunches three times now as our new Outreach Worker. Her schedule brings her here each month on the second Thursday and fourth Friday from 10:30 AM to 1:30 PM. She is also available to do home visits as requested.

Sarah is a licensed social worker formerly employed at Elder Services of Berkshire County, Inc. and currently has a full time position at the Dalton Council on Aging. She can be reached at that office Monday through Friday at 684-2000.

Activities:

On July 20th, Karlyn Hinkley will be coming from Gentiva Home Health to talk about Fall Prevention and other related issues, and has offered to bring lunch for the seniors. What a great treat! Make your reservations early.

On August 20th, Maureen Dion from Home Instead will be visiting with us.

On August 31st, The Becket seniors will once again be on the road. This time we will be heading up to New York State to have lunch at The Culinary Institute and a tour of the school. After lunch and the tour, we will board a boat and enjoy a ride on the Hudson River. This should be a great day. For information, call Joan or Sonny.

Remember: Brown Bag: third Friday of every month: and Pot Luck on the fourth Friday.—JM

News from Peru (From Barbara Lufkin)

With the kitchen renovations completed, we have resumed our monthly Pot Luck lunches on the first Thursday at 11:30 AM. Outreach Worker, Sarah Fontaine was the special guest at our July 1st luncheon. She will be attending each month, and will be available from 11 AM to 1 PM here at the Town Hall for anyone who has any questions.

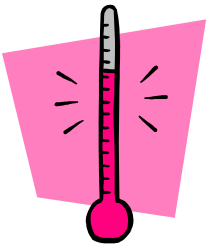
We were able to purchase with our state Formula Grant a large, flat screen TV, a DVD/VCR player and the Nintendo Wii system. We had a Wii bowling demonstration after lunch on July 1st. Everyone was amazed at how the Wii follows our hand and arm movements. One older participant was heard to comment, "Boy, I must still have that right hook!" as she sent the ball rattling into the gutter on the screen. All of us grandparents are looking forward to learning more about the Wii at future lunches.

Earlier this year, several of our members drove to Becket for lunch and to see the "Dump Ladies" perform. We had a wonderful time, and appreciate the information and good suggestions we have received from our Becket friends.



Our Peru COA needs members who are willing to serve with me, and you do not have to be a retiree. If you have an interest in issues facing seniors, and are a Peru resident, we'd love to have you. The duties are minimal, but the good feelings of helping our town are big. Please speak to me or to the Select Board if you are interested.—BL

NEWS FROM DALTON



From the Friends of the Dalton COA, Inc.: (Marjorie Limburg, Pres.) The Friends of the Dalton COA is a non-profit group whose focus is to support the work of the COA.

I would like to give an update on our Capital Campaign to furnish the soon-to-be-built Dalton Senior Center. The thermometer tracking our progress is on Main Street on the open lot next to the CRA parking area.

As you may know, Allegrone Construction was the low bidder and has been awarded the contract. Although their "base bid" was only \$911,000, when the four "bid alternates" were added in, the total came to \$1,034,000. [Bid alternates: Kitchen appliances, plumbing and electrical work; vestibule (entryway into the building); retractable walls; built-in's, including the reception desk.]

After retaining funds for contingencies (surprises during the construction), it left only \$23,000 for change orders, etc. Hence, the need for the capital campaign to furnish the building. A local couple, David and Susan Lombard came forward to offer the Friends a challenge. They would contribute \$25,000 after the first \$50,000 was raised from the community, and would give an additional \$25,000 after the second \$50,000 was collected, bringing the Friends to their \$150,000 goal. As of July 2nd, with a donation of \$15,000 from the Crane Fund, the Friends met the first challenge, and our campaign total stands at \$80,000—more than half way to the goal!

Later this month, we will begin selling bricks for the patio area. Barbara Bartels is in charge of this project, so be looking for further information.

You can keep track of the progress of the campaign by checking the Main Street thermometer, and if you have not made a donation, we would welcome your contribution of any amount.

If you have any questions, you can call me for more information at 684-1434. - *Marjie*

Dalton COA News.....

Bridges: An Intergenerational Adventure

We have been invited back to work with the 4th and 5th grade classes at St. Agnes School this fall. The schedule has been set with the first session with Sue at the CRA on Friday, September 24th. Then we will be at the school working with the children on October 1st, 8th and 22nd; November 5th, 12th and 19th. (On November 5th, both classes will come together as storyteller, Davis Bates weaves his tale-telling magic). The final "Celebrations" pot luck lunch will be on Friday, December 3rd. If you have questions, or would like to be part of this wonderful program, please call Sue at 684-2000.

Sunday Lunch: The Host Groups of the Dalton Sunday Lunch program have been serving hot meals in the dining room of the First Congregational Church since March, 1992—over 18 years! The 1 PM meals have a "church supper" atmosphere, welcoming and friendly for all who attend. There is no reservation or charge, but donations are gratefully accepted. If you find Sundays to be lonely and one of the longest days of the week, come to Sunday Lunch for a delicious meal and friendly company.

COA Board Membership: If you have any questions about the Dalton COA, in addition to contacting the office at 684-2000, you may also speak to any of our wonderful board members who are: Mark Meunier, Chair., Mary Lamke, V. Chair., Joyce Lacatell, Clerk., Cynthia Costello, Treas., and members Judy Brooks, Marcia Brophy, Persis Caverly, Cora Cooney, Caroline Dietlin, Gordine Galusha, Marjorie Lillpopp, Mary Martinelli, Maureen Mitchell, Jean Poopor and Ralph Young.

(See information on the COA Van Service on page 7).

ELDER SERVICES—INFORMATION & REFERRAL

The Information and Referral (I&R) department of Elder Services of Berkshire County is used as a resource by individuals and by professionals in the community. I&R Specialists provide callers with answers to a variety of questions concerning elders. The I&R staff determines a caller's needs and provides appropriate information drawn from a database which includes phone numbers, addresses, descriptions of available programs, eligibility requirements, fees, and specific referral instructions for organizations of various types. If the information requested is not readily available, the I&R staff will research the caller's question, try to find an answer and return the person's call as soon as possible.



In addition, the I&R department receives referrals to many programs and services offered by Elder Services.

If a senior:

- Needs assistance with personal care, meal preparation, homemaking or a personal emergency response system, a referral can be made to Elder Services' **Home Care** department.
- Is unable to prepare his or her own meals, a referral can be made to Elder Services' **Home Delivered Meals** department.
- Is no longer able to live alone in their own home, a referral can be made to Elder Services' **Housing** department.
- Is in need of caregiver support services, whether one-on-one or in a support group setting, a referral can be made to Elder Services' **Family Caregiver Support** department.
- Is "being taken advantage of" or abused physically, mentally or financially, a referral can be made to Elder Services' **Protective Services** department.
- Needs assistance with managing his or her finances, bill paying, etc., a referral can be made to Elder Services' **Money Management** department.
- Needs transportation to medical appointments, assistance with grocery shopping or companionship, a referral can be made to Elder Services' **Volunteer Services** department.
- Is having difficulty understanding Medicare, Medicaid or insurance information, a referral can be made to Elder Services' **SHINE** department.

Elder Services of Berkshire County's Information and Referral department is the **yellow pages** for senior information in the community, providing a link to programs and services that **can make a difference in an elder's life.**

All calls are welcome at (413) 499-0524 or 1-800-544-5242.

Thoughts for the Day...

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The art of living a pleasant life is constantly adjusting to circumstances.

~~~~~

Enjoy the little things.
One day you may look back and realize they were the big things.

~~~~~

Many things are opened by mistake, but none so frequently as the mouth.

~~~~~

Don't regret getting older.
It's a privilege denied to many.

Program/Volunteer Council in Dalton

As you read on page 1, the bids have been opened, the General Contractor chosen, and, after all this time, the groundbreaking has taken place. With a new building on the horizon, we are looking more closely at future programming. More space means more opportunities to offer specialized activities for Dalton residents. The flip side of this, however, is that the Town is unable to fund any additional program staff. So, Sarah and I have been looking at volunteer program models for inspiration.

Based on the focus groups held in 2006, we have a list of programs and activities which far exceed the space we will have. In order to prioritize which programs are to be implemented, we need your input as well as your help to offer these programs.

Our Program Committee, headed up by Maureen Mitchell developed our Breakfast Club, Mahjongg and Quilting Classes. In addition to these and our other current programs, we would like to plan a variety of Arts & Crafts classes; specialized activities for men, women, caregivers and working seniors (some to be held in the evenings); support groups and some new table games.



Through our research, we learned of a program model which utilizes a "Council" of volunteers. This Program/Volunteer Council would be an

administrative arm of the COA, collaborating with Sarah and Sue in the planning and development of new classes and programs, as well as the coordination of volunteer services.

We need folks who enjoy planning and organizing, and want to support the social and educational activities of our future Center. For more information, please contact Sarah or Sue at the COA office, 684-2000.

Social Activity and Aging

Remaining socially active and engaged is essential to healthy aging. Multiple studies have shown that increased social activity for individuals over age 65 has many positive physical, mental and emotional effects including:



- Reduced risk of dementia
- Improved cognition (knowledge, understanding)
- Improved sleep
- Reduced risk of depression
- Enhanced sense of contentment
- Reduced hostility
- Enhanced sense of control over future health

Beneficial social activities include a wide range of interactions such as engaging in interesting conversations, visiting with friends, participating in educational programs, attending cultural events, and playing games. No matter what the activity, we should find something positive that we love to do and do it. This can help us age more gracefully, and enjoy every minute that we can.

If you need help and CANNOT speak:

**FIRST dial
9-1-1, then
press the
appropriate
number to
get the help
you need.**

For Police Dept.

PRESS 1

For Fire Dept.

PRESS 2

For an Ambulance

PRESS 3

Available only in MA on Touch-Tone Phones

MEMA ADVISES CAUTION DURING EXTREMELY HOT WEATHER

FRAMINGHAM, MA – With the extremely hot weather the Commonwealth is presently experiencing, the Massachusetts Emergency Management Agency (MEMA) is advising people to be cautious during this period of extreme heat, and is offering some tips to help keep cool and safe.

“A few common sense measures can reduce heat-related problems, especially for the elderly, the very young and people with respiratory ailments, who are more susceptible to the effects of high temperatures,” said MEMA Acting Director Kurt Schwartz. “As this extreme weather continues, some communities may be setting up cooling centers to assist those seeking relief from the oppressive heat.”

Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.

- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Check with your community for information about possible local ‘cooling centers’.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin’s ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.



In normal weather, the body’s internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private *(Continued on pg. 7)*

Are you at least 60 and have
a problem with your in-home
caregiving services?

Do you know someone who does?

If so, please call us!



(1-800-AGE-INFO)

Press **#5** to speak to an
Elder Services Ombudsman.

Dalton COA Van Service

The Dalton COA operates a lift van Monday through Thursday. The service is available for all Dalton residents age 60 and over and disabled of any age.

Reservations for rides must be made a minimum of 24 hours in advance. The majority of trips are for medical appointments, but you can also do your banking, go to the hairdresser or barber, shopping or other needs. We transport within Dalton and to Pittsfield. If the schedule allows, we will also go to the Berkshire Mall.

Trips to scheduled COA activities (lunch, exercise class, etc.) are \$1.50 each way; all other trips are \$3.00 each way. Payments are made to the COA office.

For more information,
call 684-2000.



(Extreme Hot Weather continued from pg 6)
resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA, go to www.mass.gov/mema. Continue to follow information from MEMA on *Facebook* and *Twitter*.

Free Fun Fridays!



The Free Fun Fridays program invites you to a designated museum or attraction for free Fridays this summer and Labor Day Weekend (Friday & Saturday). Please note that the venues are free during normal business hours, and you do not need to register or obtain a ticket. If you have questions, please contact Highland Street Foundation at 508-820-1151 or email kbristol@highlandstreet.org.

July 16: Boston Harbor Island Alliance
July 23: JFK Presidential Library & Museum
July 30: Boston Museum of Fine Arts
Aug. 6: Peabody Essex Museum (Salem, MA)
Aug. 13: Old Sturbridge Village
Aug 27: Boston Museum of Science
Sept. 3: New England Historic Genealogical Society, Boston (Cont. pg. 8)

Phone: 413-684-2000
Fax: 413-684-4033
Email: dcoia@bcn.net

400 Main Street
Dalton, MA 01226

HILLTOWN ASSOCIATION OF COUNCILS ON
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Board of Directors

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PROGRAMS & EVENTS IN DALTON:

FOOT CLINICS: 9-4 at the DALTON CRA on Tues., July 27th; Aug. 24th and Sept. 28th. These appointments fill up fast, so call 684-2000 early to book an appointment. Fee: \$25.

BLOOD PRESSURE CLINIC: Third Thursday at Grace Church, 10:30 am to noon.

OIL PAINTING CLASSES: Tuesdays, 12:30-3 PM at Dalton CRA. Instruction Fee.

LUNCHESES: Mondays and Thursdays at noon, Grace Church Guild Hall. Make your reservation at least 24 hours ahead.

"VETERAN OF THE WEEK", from the Veteran's History Project shown Saturdays on Channel 16, Warner Cable.

MAH JONGG—Fridays from 10:15 AM to 12:30 PM. Come and learn, or organize a table of experienced friends to play. Call 684-2000.

SERVE: Order by 8/16 for 8/28 delivery; order by 9/13 for 9/25 delivery.



"BREAKFAST CLUB"

Who doesn't like a yummy breakfast with a very social group of people? This popular monthly event is held at the CRA and includes a walk (weather permitting), breakfast and a speaker or other program. Upcoming Friday dates are: July 22; August 27 and September 24. Call 684-2000 early to make your reservation.

(Free Fun Fridays continued)

Sept. 3: Sports Museum, Boston
Sept. 3: Cape Cod Museum of Art (Dennis)
Sept. 3: New Bedford Whaling Museum
Sept. 3: Concord Museum
Sept. 3: Stone Zoo, Stoneham, MA
Sept. 3: Buttonwood Park Zoo (New Bedford)
Sept. 4: Worcester Art Museum
Sept. 4: USS Constitution Museum
Sept. 4: Basketball Hall of Fame (Springfield)
Sept. 4: American Textile Museum (Lowell)
Sept. 4: Berkshire Museum (Pittsfield)